



BUTTERFLY EFFECT 2.0 - WEEK 2
NOVEMBER 8TH THROUGH TO NOVEMBER 14TH

WOD 2 – EVER CHANGIN’ TIMES

FOR TIME (WITH A 21 MINUTE TIME CAP):

ADVANCED

50 cal row buy in (between the two athletes)

Then, changing every 25 reps:

- 100 double unders
- 100 wall balls @ 9kg
- 100 KB snatch @ 16kg
- 100 box jumps 24”
- 100 thrusters @ 35kg

50 cal row buy out (between the two athletes)

INTERMEDIATE

50 cal row buy in (between the two athletes)

Then, changing every 25 reps:

- 100 double unders
- 100 wall balls @ 6kg
- 100 KB swings @ 16Kg
- 100 box jumps 20”
- 100 thrusters @ 25kg

50 cal row buy out (between the two athletes)

BEGINNERS

50 cal row buy in (between the two athletes)

Then, changing every 25 reps:

- 200 single skips (change every 50 reps for this movement only)
- 100 wall balls @ 4kg
- 100 KB swings @ 12Kg
- 100 box jumps / step ups 20”
- 100 thrusters @ 15kg

50 cal row buy out (between the two athletes)



At the call of “3,2,1...go!” one athlete grabs the handle and commences the row. The team must accumulate 50 calories and can swap in and out whenever they desire. There is no minimum work requirement. Once the rower hits 50 calories, the athletes can commence double unders (or single skips for beginners). Once athlete 1 has complete 25 double unders, athlete 2 will do 25 double unders, then athlete 1 will do another 25 double unders and athlete 2 will do the last set of 25 double unders. **Athletes MUST SWAP OUT EVERY 25 REPS. Beginners have double the amount of single skips and therefore will change over every 50 reps for the skipping portion of the workout.** On completion of the 100 double unders (or 200 single skips), athlete 1 commences with the wall balls, again swapping every 25 reps. On completion of 100 wall balls, athlete 1 will commence 25 kettlebell snatch (or swing for intermediate and beginners), with the athletes swapping every 25 reps. The athletes will then move on to the box jumps performing 25 reps each two times. Athletes then move on to the thrusters until the 100 reps are complete in 2 sets of 25 reps each. Finally, the team will move back to the rower and complete a further 50 calories, again with no minimum work requirement and swapping in and out when desired.

Your score is the time taken to complete all of the above within the 21 minute time cap. If time capped – 21 minutes plus 1 second for each rep not completed. For example, should you complete 45 calories of the last 50 calorie row at the time cap of 21 minutes, your score will be 21:05, as you had 5 reps to go before finishing.



MOVEMENT STANDARDS

ROWING

Concept 2 Rower must be used. Any damper setting is allowed. Athlete must start in the seat and no holding of the paddle until 3-2-1 GO is complete. Athlete must exit the machine on their own with no assistance.

DOUBLE UNDER

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SINGLE SKIPS

The rope passes once under the feet for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

WALLBALL

In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the required target. The measured target which is marked with tape is reached when the ball is OVER the line. If the ball hits low or does not hit the target, it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted.

KETTLEBELL SNATCH

The kettlebell snatch starts with the kettlebell deadlifted up with one hand and finishes with the kettlebell directly overhead. At the bottom of the movement, the kettlebell is brought down between the legs. The kettlebell must be lifted overhead in one motion. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition. At the top, the arms, hips, and knees must be fully locked out with the kettlebell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the kettlebell is locked out overhead for the repetition to count.

KETTLEBELL SWING (AMERICAN)

Starting from the ground the KB is swung upwards. At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centred over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels.



BOX JUMP

The movement starts with the athlete standing in front of the box with both feet on the ground. The athlete must then jump onto the box with a two foot take off and land on the box with two feet. Beginners are allowed to step onto the box. The rep is complete when the athlete stands on top of the box with hips and knees open fully while in control on top of the box. The athlete may jump or step off the box.

THRUSTERS

The movement begins with the bar on the ground. The bar is then cleaned up to the shoulders. A full squat clean into the thruster is allowed when the bar is taken from the floor. The hip crease must clearly pass below the top of the knees in the bottom position. Stand from the squat, push the bar overhead, ending with the arms locked out directly over the middle of the body with elbows, knees and hips fully extended and feet in line with each other. On completion of a rep, the bar is brought back down to the front rack position in preparation for the next rep.